



Wonton Cups



1/12th recipe (1 cup): 19 calories, 0g total fat (0g sat. fat), 35mg sodium, 4g carbs, <0.5g fiber, <0.5g sugars, 0.5g protein

Prep: 5 minutes **Cook:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#), [30 Minutes or Less](#), [5 Ingredients or Less](#)

Ingredients

12 small square wonton wrappers (stocked with the tofu in the refrigerated section of the market)

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place each wonton wrapper into a cup of the muffin pan, and press it into the bottom and sides.

Lightly spray with nonstick spray. Bake until lightly browned, about 6 minutes.

MAKES 12 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.